



Weekly Activities - Categories

☒ Sign-up/appointment required;
 * \$2.00 suggested donation ;
 Session fees are \$1.00 (free with BSAC card);
 higher if noted with "+" (discount with BSAC).

Arts/Crafts

Crochet/Knitting Class	Thu	9:30	a.m.	
Painting Group	Mon	1:00	p.m.	
Quilting Group	Sat	9:30	a.m.	
RSVP Sew/Knit/Crochet Group	Fri	12:30	p.m.	
Writing Your Memories	Mon	1:00	p.m.	<input checked="" type="checkbox"/>

Cards

Auld Lang Syne Bridge	Wed	11:00	a.m.	<input checked="" type="checkbox"/> +
Bridge Class -11 weeks	Call for start date			<input checked="" type="checkbox"/> +
Canasta	Wed	12:00	noon	<input checked="" type="checkbox"/>
Cribbage	Thu	1:00	p.m.	
Duplicate Bridge	Thu	11:00	a.m.	<input checked="" type="checkbox"/> +
Friday Bridge	Fri	11:00	a.m.	<input checked="" type="checkbox"/> +
Pinochle (double-deck)	Wed	12:00	noon	<input checked="" type="checkbox"/>
Texas Hold-em	Fri	8:30	a.m.	

Computers & Technology

Computer Training Assessments	Mon	9:30	a.m.	
Gadget Workshop	Call for appointment			<input checked="" type="checkbox"/> +
One-on-One Computer Training	Call for appointment			<input checked="" type="checkbox"/> +
Open Computer Lab (9:30 a.m.-4:00 p.m.)	M-F	9:30	a.m.	

Dance

Ballroom Dance Class-Beginner	Fri	6:45	p.m.	+
Ballroom Dancing (recorded music)	Tue	9:30	a.m.	
Hula-Beginners	Thu	9:45	a.m.	
Hula-Advanced	Thu	10:30	a.m.	
Line Dancing Class-Ultra Beginner	Sat	9:15	a.m.	+
Line Dancing Class-Beginner Plus	Sat	10:30	a.m.	+
Line Dance, Boot Scootin' Tuesday	Tue	6:00	p.m.	+
Matinee Dance-DJ	Sun	12:30	p.m.	+
Ballroom Dance (live music)	Thu	7:00	p.m.	+
Square Dance Class-Beg, B&B	Wed	6:45	p.m.	+

Nutrition - Lunch Program	M-F	11:15	a.m.	<input checked="" type="checkbox"/> *
----------------------------------	-----	-------	------	---------------------------------------

Fitness

Balance Class	Sat	12:00	noon	+
Ballet Stretch Fitness	Wed	9:30	a.m.	
Chair Exercise	Fri	8:30	a.m.	
Chair Yoga	Sat	3:00	p.m.	
Fitness Class - Beginners	Wed	8:30	a.m.	
Fitness Class - Intermediate	Mon	8:30	a.m.	
Fitness for Life	Sat	2:30	p.m.	+
Mindful Meditation	Thu	8:15	a.m.	
Resistance Training	Tue	8:15	a.m.	+
T'ai Chi	Mon	1:00	p.m.	+
T'ai Chi	Fri	3:00	p.m.	+
T'ai Chi Fan (restarts in September)	Wed	3:15	p.m.	
Zumba Gold	Sat	1:30	p.m.	+

Information/Support

Braille Community Program (Sep-Jul)	Tue	9:00	a.m.	<input checked="" type="checkbox"/>
Senior Support Group	Tue	3:00	p.m.	<input checked="" type="checkbox"/>

Music

Karaoke	Tue	12:00	noon	
Sing-a-Long (Nutrition area)	Wed	10:00	a.m.	
Ukulele Class	Wed	3:00	p.m.	

Recreation/Games

Bingo for a Buck	Thu	1:00	p.m.	+
Bunco (dice game)	Tue	1:00	p.m.	
Current Issues	Wed	1:00	p.m.	<input checked="" type="checkbox"/>
Game Room: Drop-in play	Daily	(except Tuesday, 9-11 a.m.)		
Horseshoes	Thu	6:30	p.m.	
Mah Jongg - intermediate play	Tue	12:30	p.m.	<input checked="" type="checkbox"/>
Mah Jongg Class (call for start date)	Tue	12:30	p.m.	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	Thu	12:00	noon	<input checked="" type="checkbox"/>
Pool Room: Drop-in play	Daily	Open hours		
Table Tennis	Sun	11:00	a.m.	
Wii Wednesdays (Virtual Bowling)	Wed	1:00	p.m.	

Joslyn Adult Center - 1301 West Olive Avenue, Burbank - 818.238.5353

Monday-Friday, 8:00 a.m.-8:00 p.m. and Weekends, 9:00 a.m.-4:00 p.m.



Joslyn Weekly Activities - Daily

MONDAY-FRIDAY

Open Computer Lab (9:30 a.m.-4:00 p.m.)	9:30	a.m.	
Lunch Program	11:15	a.m.	<input checked="" type="checkbox"/> *

MONDAY

Fitness Class - Intermediate	8:30	a.m.	
Computer Class Assessments (9:30-11:00 a.m.)	9:30	a.m.	
Painting Group	1:00	p.m.	
Writing Your Memories	1:00	p.m.	<input checked="" type="checkbox"/>
T'ai Chi	1:00	p.m.	+

TUESDAY

Resistance Training	8:15	a.m.	
Braille Community Center Program (Sep-Jul)	9:00	a.m.	<input checked="" type="checkbox"/>
Ballroom Dancing (recorded music)	9:30	a.m.	
Karaoke	12:00	noon	
Mah Jongg - intermediate play	12:30	p.m.	<input checked="" type="checkbox"/>
Mah Jongg Class - 8 weeks (call for start date)	12:30	p.m.	<input checked="" type="checkbox"/> +
Bunco (dice game)	1:00	p.m.	
Senior Support Group	3:00	p.m.	<input checked="" type="checkbox"/>
Boot Scootin' Tuesday Line Dance	6:00	p.m.	+

WEDNESDAY

Fitness Class - Beginners	8:30	a.m.	
Ballet Stretch Fitness	9:30	a.m.	
Sing-a-Long (Nutrition area)	10:00	a.m.	
Auld Lang Syne Bridge	11:00	a.m.	<input checked="" type="checkbox"/> +
Canasta	12:00	noon	<input checked="" type="checkbox"/>
Pinochle (double-deck)	12:00	noon	<input checked="" type="checkbox"/>
Wii Wednesdays (Virtual Bowling)	1:00	p.m.	
Current Issues	1:00	p.m.	<input checked="" type="checkbox"/>
Ukulele Class	3:00	p.m.	
T'ai Chi Fan (restarts in September)	3:15	p.m.	
B&B Square Dance Class-Beg (Sep-Jun)	6:45	p.m.	+

THURSDAY

Mindful Meditation	8:15	a.m.	
Bowling (at Pinz)	9:30	a.m.	+
Crochet/Knitting Class	9:30	a.m.	
Hula-Beginners	9:45	a.m.	
Hula-Advanced	10:30	a.m.	
Duplicate Bridge	11:00	a.m.	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	12:00	noon	<input checked="" type="checkbox"/>
Bingo for a Buck	1:00	p.m.	+
Cribbage	1:00	p.m.	
Horseshoes	6:30	p.m.	
Ballroom Dance (live music)	7:00	p.m.	+

FRIDAY

Chair Exercise	8:30	a.m.	
Texas Hold-em	8:30	a.m.	
Friday Bridge	11:00	a.m.	<input checked="" type="checkbox"/> +
RSVP Sewing/Knitting/Crocheting	12:30	p.m.	
T'ai Chi	3:00	p.m.	+
Ballroom Dance Class-Beginner	6:45	p.m.	+

SATURDAY

Line Dancing Class-Ultra Beginner	9:15	a.m.	+
Quilting Group	9:30	a.m.	
Line Dancing Class-Beginner Plus	10:30	a.m.	+
Balance Class	12:00	noon	+
Zumba Gold	1:30	p.m.	+
Chair Yoga	2:00	p.m.	
Fitness for Life	2:30	p.m.	+

SUNDAY

Table Tennis	11:00	a.m.	
Matinee Dance (DJ)	12:30	p.m.	+

☒ Sign-up/appointment required; * \$2.00 suggested donation;
+ Session fee is higher than regular \$1 fee (discount with BSAC).